



FEBRUARY 9TH | WEEK 2 | TERM 1, 2024

# SCHOOL NEWSLETTER

Creswick Primary School

Email: [creswick.ps@education.vic.gov.au](mailto:creswick.ps@education.vic.gov.au)

[www.creswickps.vic.edu.au](http://www.creswickps.vic.edu.au)

Phone: 03 5345 2044

## CALENDAR

Monday February 12th

Tuesday February 13th

Wednesday February 14th

Friday February 16th

Monday February 19th

Wednesday February 21st

Family Connection Sessions - Grades 1/2

Family Connection Sessions - Grades 3/4/5/6

No Preps at School

Assembly - 2:50pm Start

Grade 5/6 BioCats Excursion

No Preps at School

## FROM THE PRINCIPAL'S DESK

### Welcome Back

We have had a fabulous start to the school year at Creswick Primary School. Students and teachers have spent the first two weeks learning and practising school expectations. Students have been seen learning how to walk through our passive zone in the yard and in our buildings, they have learned how to line up and wait for a teacher and where ball games can be played in the yard. The students have all talked and role-played our school values and how to model them each and every day.

It has taken all of us some adjusting to get used to the new timetable that is in place. The two eating times have made a huge difference to the amount of rubbish in the yard and have given students time to refuel so that they can get the most out of their play times. If families have any feedback we would love to hear it from you.

### Family Connection Sessions (formally Parent Teacher Interviews)

The Family Connection Sessions are open for families to book. They will be open until 9.00 am on Monday 12th February. We thank the families who have already booked and look forward to seeing you all there.

### Uniform Expectations

As part of our start of year expectations, we would like to remind all students and families that we have a uniform policy in place. The purpose of our uniform policy is to promote equity amongst all students and to develop a sense of pride in our school. It also allows students to engage safely in many varied school activities.

I would like to remind all students and families of the key points about our uniform expectations:

- The only jewellery that is acceptable is studs or sleepers worn in the ears and watches.
- Hair that is longer than shoulder length needs to be tied back.
- Other than clear nail polish, no make-up is to be worn at school.
- Footwear is to be black school shoes or any runners.
- Hats - Green broad-brimmed or bucket style.
- School Uniform Items
- Bottle green windcheater or polar fleece jumper or bomber jacket with school logo
- Bottle green cargo pants or track pants
- Bottle green shorts or culottes
- School dress - green check with thin yellow stripe
- Green check pinafore winter dress
- Gold or Green polo shirts
- Leggings - black or bottle green for under dresses.
- Bottle green stockings for under dresses.
- Black or white plain socks
- Creswick Primary School school bags - (optional)

# FROM THE PRINCIPAL'S DESK

At school, we sell new uniform items and second-hand items. Second-hand items are \$2.00 per item. If you have any uniforms in good condition that you no longer need we would gratefully accept your donation.

This year our School Council will be reviewing and updating the school uniform policy. If you have any feedback about our uniform, please feel free to email the school.

## School Supervision Information

Student safety at Creswick Primary School is our highest priority and the safe and appropriate supervision of students is an important element of our duty of care to students. Part of this duty is ensuring parents and students are aware of our student supervision arrangements before and after school.

**Before school:** School grounds are supervised at 8.45 am at the Raglan Street entrance. At this time, students should move to their line up points to wait for their classroom teacher.

On Tuesday and Friday, we have Breakfast Club where students will be supervised in the Multi Purpose room from 8.15 am until 8.45 am.

**After school:** School grounds are supervised from 3.30 pm to 3.45 pm.

Students on school grounds outside these times will not be supervised (unless they are attending a before or after-school care program or supervised extracurricular activity).

Parents/carers are requested to ensure that students do not attend school outside of these supervised times unless they are attending before or after-school care, or a pre-arranged supervised activity (i.e. Kelly Sports).

Families are encouraged to contact Extend Out of School Hours Care on 1300 366 437 for more information about the before and after school care facilities available to our school community or if you would like any further information about our student supervision arrangements.

For a copy of our school's Yard Duty and Supervision Policy see our school website. This policy includes Creswick Primary School's student supervision arrangements across the school day, including before and after school.

## School Council

Each year our school council calls for nominations for parent members. Parent members are vital to the school council as they help set direction and give insight into the school community when making decisions.

The purpose of the school council is to establish the broad direction and vision for the school. It oversees the financial direction of the school, including fundraising activities, and is responsible for general oversight of the school buildings and grounds to ensure they are kept in good order and condition.

This year our nomination process will begin next Monday 12th February. If being part of our school council is something that you would be interested in, please keep a look out for information on Compass next week.

## Thank You

Thank you to all of our families who supported our student's return to school. As always, if you have any questions or concerns please do not hesitate to contact the school office.

Have a wonderful week,

Helen



# STUDENT LEADERSHIP

At the end of Term 4 2023, the new Student Leadership Team for 2024 was announced. Congratulations to all of the students that applied for a position. Everyone presented themselves in a mature and respectful manner. Even if you were unsuccessful this time around, we encourage you to keep trying at every opportunity.

Congratulations to our student leaders of 2024:

School Captains	Lucy J + Kobe P
Vice Captains	Imogen K + Joey H
House Captains	
Drummond	Jye Q + Leiarnna F
Victoria	Nixin H + Ariana W
Napier	Madison G + Zek A
Raglan	William H + Kysan C
Playground Mentors	
Tilly S. Bianca M. Bowen R. Ebony R. Mackenzie G. Evelyn C. Amara P. Harley V. Billy Q	



# Values Trophy - Term 1, 2024

Week	Value	What We Are Looking For
1	Safety	Wearing an appropriately approved sun hat at all times in outside areas.
2	Safety & Respect	Lining up safely and respectfully when coming in from recess and lunch times.
3	Respect	Students who are seen as keeping the yard clean by picking up rubbish, eating in the correct areas or seen putting rubbish in the bins.
4	Resilience	Displaying manners towards others when playing games outside.
5	Personal Best	Having the cleanest classroom.
6	Respect	Displaying manners and sportsmanship towards others when playing games outside eg. through actions, speaking nicely, etc.
7	Safety & Respect	The grade displaying safe and respectful behaviours in the Tech room.
8	Resilience	The grade that demonstrates perseverance when trying challenging activities in P.E.
9	Respect	The grade demonstrating the most respect in LOTE during classes.
10	Safety	Playing safely in the yard and using equipment appropriately.

Safety

# Values Trophy

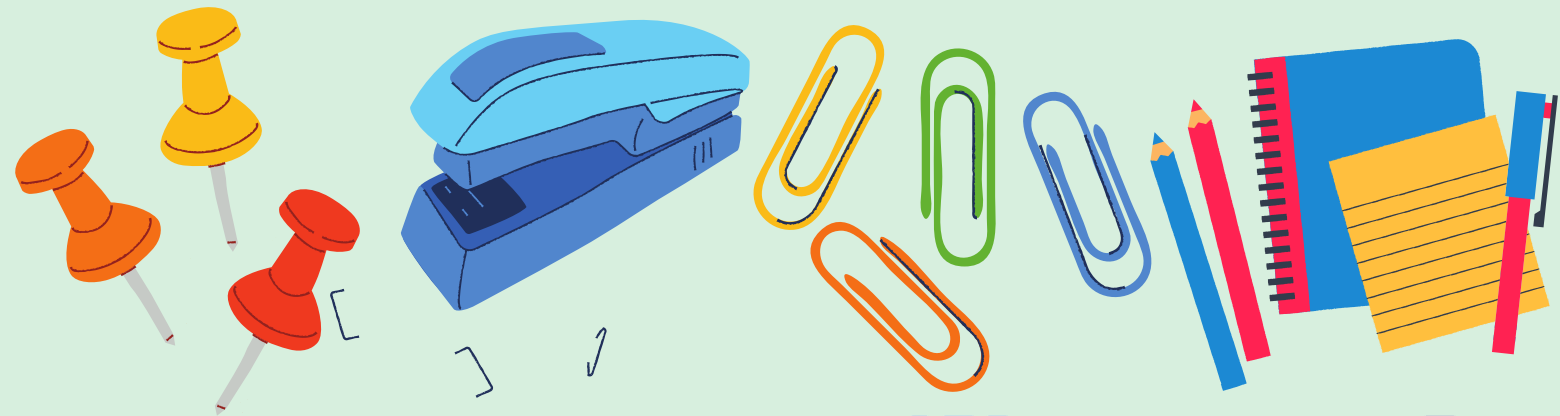
Respect

Personal Best

Resilience

Our School Captains will be looking for students who demonstrate the following values:

WEEK	VALUES	WHAT WE ARE LOOKING FOR
3	RESPECT	STUDENTS WHO ARE SEEN AS KEEPING THE YARD CLEAN BY PICKING UP RUBBISH, EATING IN THE CORRECT AREAS OR SEEN PUTTING RUBBISH IN THE BINS.
4	RESILIENCE	DISPLAYING MANNERS TOWARDS OTHERS WHEN PLAYING GAMES OUTSIDE.



## START OF SCHOOL PACKS



Dear Families,

In the first week of school a 'Start of School Pack' was sent home with a variety of notes for each child.

It is important that families go through and fill in each form, update information and send back to school as soon as possible, if you have not already done so.

Forms such as the **ORANGE** Medical Form are forms that are required by the department to be sent home and returned annually. Therefore, even if your child's details are still the same, it is a requirement for this to be sent back filled in.

This ensures that details kept on hand are the most up to date possible.

Thank you!



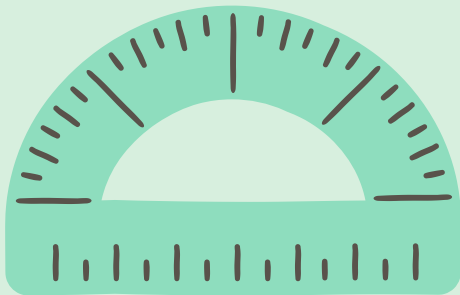
# MATHS

## PROBLEM OF THE WEEK

Question 1

### Junior Unit Problem 1

Annie counted 14 birds on her walk in the park. Her brother Tim counted 20 birds. How many more birds did Tim count than Annie?



Question 1

### Senior Unit Problem 1

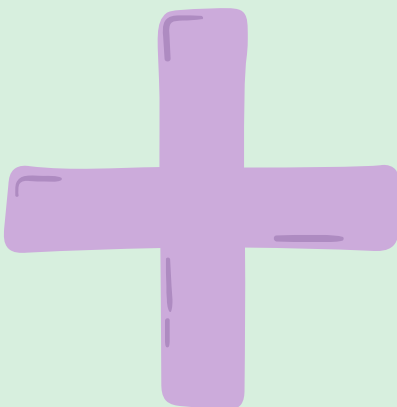
Steven read 7 books each month. He read the same number of books each month for six months. How many books did Steven read in total?



Question 2

### Junior Unit Problem 2

24 children had to be organised into 6 equal groups. How many children must be placed in each group?



Question 2

### Senior Unit Problem 2

Noah and his dad are visiting an amusement park. The entry fee for Noah is \$25.50. The entry fee for his dad is \$42.70.

How much change would they receive from \$100?



# CSEF & Conveyance Allowance Information

## Camps Sports and Excursions Fund (CSEF)

New Families to the School

The Camps, Sports and Excursions Fund (CSEF) provides payments for eligible students to attend activities like:



school camps or trips  
swimming and school-organised sports programs  
outdoor education programs  
excursions and incursions



If you hold a current Health Care Card please complete a CSEF Application, which can be collected from the office.

ALL APPLICATIONS NEED A COPY OF THE HEALTH CARE CARD TO BE PROCESSED.

APPLICATIONS CLOSE:

Wednesday 28th FEBRUARY 2024.

## Conveyance Allowance

The conveyance allowance is a form of financial assistance to help families in rural and Regional Victoria with the cost of transporting their children to their nearest appropriate school/campus.

If you live more than 4.8km from school, you may be eligible to receive conveyance allowance. Please come into the office and complete the application form before



Wednesday 28th FEBRUARY 2024.



## Kelly Sports

This term, Kelly Sports has changed their days they are conducting their sport sessions at Creswick Primary School.

Our students have the opportunity to trial the program, if they would like before signing up.

Next Wednesday the 14th of February, students are more than welcome to join in at Kelly Sports between 3:35pm and 4:45pm.

Sign ups are also still available via the below link:

[www.kellysports.com.au/greater-ballarat](http://www.kellysports.com.au/greater-ballarat)



# SCHOOL NEWS

Donations, Reminders and Messages



**MAKE A  
DIFFERENCE**

SUPPORT THE NEXT GENERATION

## EMPLOYMENT OPPORTUNITY

Creswick Primary School is looking for an enthusiastic, experienced tradesperson who is willing to join their staff team one day per week in this exciting program that's been operating since 2019. The program creates new opportunities at school for students to experience success through practical, hands on learning. Students spend a part day every week outside the classroom collaborating on authentic, meaningful build projects around the school to build life and work skills.

Experience with children is an advantage and no teaching qualifications required. Working with Children Check - WWCC is compulsory. More program information: [handsonlearning.org.au](http://handsonlearning.org.au)



If you want to use your practical skills to help support the next generation, please contact Helen or Ingrid at (03) 5345 2044 or [creswick.ps@education.vic.gov.au](mailto:creswick.ps@education.vic.gov.au) for more details or submit C.V. by: **FRIDAY 23<sup>rd</sup> FEBRUARY, 2024.**

**HANDSON LEARNING**

## Staff Placements - 2024

<b>Principal</b>	Helen Romeril
<b>Leading Teacher / Wellbeing</b>	Ingrid Humm
<b>Business Manager</b>	Wendy Charry
<b>Office Administration</b>	Faith McKenzie

<b>Year 6</b>	Jessica Pompe / Marissa Egan
<b>Year 5</b>	Jaye Kennedy
<b>Year 3/4</b>	Katrina Davies
<b>Year 3/4</b>	Katelyn Sutton
<b>Year 1/2</b>	Sophie Bronchinetti
<b>Year 1/2</b>	Oriana Colangelo
<b>Prep</b>	Kylie Strong

<b>Physical Education / STEM</b>	Nicholas Whitear
<b>Indonesian</b>	Marissa Egan
<b>Education Support</b>	Lyn Frame / Linda Mereki / Stacey Phillips / Emma Preston / Julie Skeyhill / Marc Gourlay



# SCHOOL NEWS

*Donations, Reminders and Messages*

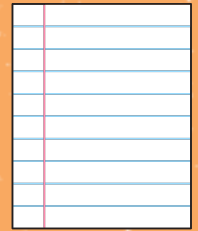
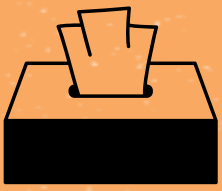
## School Donations

As we begin the new school year, we kindly ask if anyone has any new unopened boxes of tissues, and reams of A4 paper that they are able to donate to the school if possible please.

These are used in our school classrooms by our students each day.

Any donation is greatly appreciated.

Thank you!



## 2024 Parent Payments



Creswick Primary School is looking forward to another great year of teaching and learning and would like to advise you of Creswick Primary School's voluntary financial contributions for 2024.

The total contribution amount for a Prep to Year 2 child is \$150. The

Total contribution amount for a Year 3 – 6 child is \$160. These contributions will be available to pay as a lump sum via Direct Deposit, BPay or lump sum/payment plan via the office. For further information on the Department's Parent Payments Policy please contact the office.

We thank you all for continually supporting our school.



# SCHOOL NEWS

*Donations, Reminders and Messages*

## COMPASS

All communication from the school will be sent out via compass. This includes important information and notices, the newsletter and first aid events involving your child, among many other items.

Each family will have their own unique compass login information.

Please make sure you are able to access Compass to ensure that you are not missing out on any vital information regarding school happenings.

If you require assistance with logging in or have misplaced your username or password, please contact the office so we can assist.

Thank you.



## Drink Bottles



The start of Term 1 has brought with it some warm weather.

Please remember to bring your drink bottles to school to ensure you are staying hydrated throughout the day!

## BELL TIMES 2024

8:50am	First Bell
9:00am	Learning Session 1
11:00am	First Recess
11:30am	Lunch Eating Time
11:40am	Learning Session 2
1:40pm	Recess Eating Time
1:50pm	Second Recess
2:30pm	Learning Session 3
3:30pm	Final Bell / Dismissal

Just a friendly reminder that assemblies are being held every fortnight this year. The next assembly is on the 16th of February, beginning at 2:50pm in the MPB.



# SCHOOL NEWS

*Donations, Reminders and Messages*

# LUNCH ORDERS

***Lunch Orders are back for 2024!***

This year we are continuing with our lunch orders through S and P Catering.

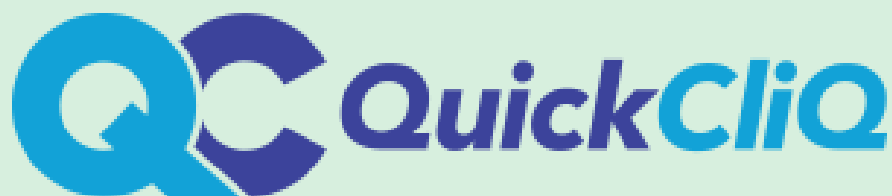
S and P Catering deliver lunches to 17 schools in the Ballarat region.

If you would like to order your child a lunch order, you must register via the Quickcliq website, set up your account to Creswick Primary School, and order lunches online.

Lunches will be delivered to the students on Wednesdays at lunchtime.

Please contact the school office if you have any difficulties signing up or ordering.

Please note: This is a fully online ordering system. No money or orders will be accepted at the school office.



# SCHOOL NEWS

Donations, Reminders and Messages

## ORDER ONLINE

### Introducing our schools online ordering system



Register today!  
It's quick and easy.



## QUICKCLIQ BENEFITS

Creswick Primary School uses an external company to supply lunch orders to our school for students, the online platform QuikCliq is used to order these lunch orders.

QuickCliq is an innovative online ordering system trusted by over 700 schools and thousands of parents across Australia. QuickCliq is a cashless solution that helps you manage your children's lunch orders.

### How to Get Started

- QuickCliq is FREE to set up and easy to use
- Register at [www.quickcliq.com.au](http://www.quickcliq.com.au)
- SIGN UP and complete the registration form
- Receive a link via email to ACTIVATE your account before logging in
- ADD STUDENT - add your child's details, select their school and save your account.
- ADD CREDIT to your online wallet before ordering or pay as you go using credit or debit card
- Select MEAL ORDER and you're good to go

Orders can be placed up to 28 days in advance. You can view your completed orders via the Active Orders or Transaction History tabs in your account.

**SIGN UP ► ACTIVATE ► ADD STUDENT ► ADD CREDIT ► MEAL ORDER ◀◀**

### A SIMPLE WAY TO ORDER ONLINE



Visit the website to sign up and register.



Add credit to your online wallet to use when required.



Pay and place your order.

### QUICK AND EASY

#### NEED HELP

Phone or Email Us:  
Mon to Fri: 7:30am - 4:00pm  
1300 11 66 37  
[support@quickcliq.com.au](mailto:support@quickcliq.com.au)

- ✓ Designed by parents, for parents, so it is easy to use and incredibly intuitive!
- ✓ One family, one account! You will have one unique and secure login to manage all your children's orders, even if they attend different schools. QuickCliq saves you time and gives you complete visibility over your family needs.
- ✓ Tired of scrounging around for loose change every morning before your kids run off to school? With QuickCliq, lunch money is a thing of the past.
- ✓ We're giving control back to you over your children's diets. By ordering their lunch ahead of time, you can ensure they are eating healthy and balanced meals.
- ✓ QuickCliq was designed with mobile access in mind. Simply login to add credit and order, all from the convenience of your smartphone or tablet.
- ✓ You have three options to top up your account: Direct Debit / Credit Card / PayPal

Direct Debit - 0.50c transaction fee  
Surcharge to add credit - 1.5%  
Surcharge for PayPal is 3.8%  
When placing an order there is a small booking fee per transaction per student



Our Call Centre is here to assist your families with ordering online.  
Call 1300 11 66 37



## Creswick Primary School 2024 Menu



### Bakery Hot Food

Meat Pie	\$5.00
Gluten Free Meat Pie	\$5.80
Vegie Pastie	\$5.00
Party Pie	\$1.30
Party Sausage Roll	\$1.40
Tomato Sauce	\$0.50
Pizza - Hawaiian	\$3.80
Pizza - Cheese	\$3.60
Gluten Free Pizza - Cheese	\$4.50
Dim Sim - 2 Pack	\$2.80
Toastie - Cheese / Ham + Cheese	\$4.10
Toastie - Ham + Cheese + Tomato	\$4.30
Toastie - Chicken + Avo	\$4.30

### Sweet Treats

Fruit Salad	\$3.00
Hedgehog	\$3.40
Peppermint Slice	\$3.40
Chocolate Chip Cookie	\$2.90
Mini Muffin	\$2.90
Choc Chip / Blueberry / Banana	



**ORDER ONLINE**  
Turn Over For Details

### Drinks

Fruit Box	\$2.20
Apple / Apple + Raspberry / Tropical	
Small Flavoured Milk	\$3.20
Chocolate / Strawberry	
Bottled Water	\$1.50

### Lunches off the Grill

Chicken Schnitzel Burger	\$6.30
with Lettuce, Cheese + Mayo	
BBQ Beef, Cheese + Bacon Roll	\$6.10
Cheeseburger	\$5.95
Chicken Parma Roll	\$6.10

### Wraps, Rolls or Sandwiches

Salad	\$5.10
Ham and Salad	\$5.30
Chicken and Avo	\$5.00
Chicken and Salad	\$5.50
Chicken Caesar Wrap	\$5.50
Rolls or Wraps Extra	\$1.00



Creswick Primary School  
[creswick.ps@education.vic.gov.au](mailto:creswick.ps@education.vic.gov.au)  
[www.creswickps.vic.edu.au](http://www.creswickps.vic.edu.au)  
Phone: 03 5345 2044

# SCHOOL NEWS

Donations, Reminders and Messages

## HOUSE TEAMS

### Drummond team Song

Give me a D  
Give me a R  
Give me a U  
Give me a M  
Give me a M  
Give me a O  
Give me a N  
Give me a N  
Give me a D



What does that spell? Drummond  
Drummond Drummond Ra Ra Ra  
Drummond is the best by far  
Running, jumping throwing, balls  
Drummond is the best of all  
**Go DRUMMOND!**

### Napier team Song

Napier the best we are  
Napier the champs we are  
Ra Ra Ra Ra Napier  
N-A-P-I-E-R (spell out)  
**NAPIER!**



### Victoria team Song

Extra! Extra!  
Read all about it  
Victoria is the best and  
There's no doubt about it  
V-I-C-T-O-R-I-A (spell out)  
**Victoria!**



### Raglan team Song

Raglan redbacks are a clever crew  
There is nothing we can't do  
Running, jumping, throwing balls  
Raglan is the best of all  
R-A-G-L-A-N (spell out)  
**Raglan!**



# AROUND THE TOWN

Activities and Promotions Around Creswick and Surrounds



## 4-WEEK POP UP BLAST

Sign up to our 4-week action packed program and share the joy of cricket with exciting games, learning and friendships.

**CRESWICK POP UP BLAST**  
**DATES: 13 FEB, 20 FEB, 27 FEB, & 05 MAR**  
**TUESDAYS: 4.15PM-5.15PM**  
**SCAN THE QR CODE TO REGISTER!**



Sign up Today!

Play Cricket

PROUDLY  
PRESENTED BY



COMMUNITY BANK CRESWICK & DISTRICT

## MAD HATTER'S TEA PARTY



- AT CRESWICK PARK LAKE - ENTRY ON BRIDGE ST.
- STARTING 2PM, SUNDAY 18, 2024.
- BYO SEATS.
- FREE AFTERNOON TEA!
- CROQUET MADNESS!
- PRIZES FOR MADDEST HATS AND COSTUMES!

"WE'RE ALL MAD HERE!"

Biggin  
Scott



# SUNSET IN THE SPRINGS

FRIDAY  
9TH & 16TH  
FEBRUARY

9TH FEBRUARY

FREYA JOSEPHINE HOLLICK  
SUNFRUITS  
SKYSCRAPER STAN

16TH FEBRUARY

LEAH SENIOR  
CODA CHROMA  
PYREX

5PM UNTIL DARK @ HEPBURN MINERAL SPRINGS RESERVE

This is a free, family friendly event  
on Dja Dja Warrung Country

[WWW.HEPBURN.VIC.GOV.AU](http://WWW.HEPBURN.VIC.GOV.AU)



# MOBILE PHONES

Just a friendly reminder that all students who choose to bring a mobile phone to school, that they must have it switched off and securely stored at the front office during school hours.

Thank you to all students who are already doing this.

In case of an emergency, parents or carers should reach their child by calling the school's office on 03 5345 2044.

A copy of our mobile phone policy can be found on our website for your reference.



# AROUND THE TOWN

Activities and Promotions Around Creswick and Surrounds

QUERIES: CALL DOM 0417 967 621



## SIZZLING SUMMER SPORTS!

### CRESWICK PS

STARTS WED 31ST JAN!

\$17+ GST  
PER  
SESSION

#### AFTER SCHOOL SPORTS PROGRAM

**NEW DAY!!!**

WEDNESDAYS: MULTI-SPORTS 3:35PM-4:35PM  
(TENNIS, CRICKET, FOOTY & SOCCER)  
PREPS TO GRADE 6

OUR SESSIONS RUN AT CRESWICK PS  
PARENTS PICK-UP AT THE SCHOOL AT 4.35PM



BOOK ONLINE NOW AT

**KELLYSPORTS.COM.AU**

[WWW.KELLYSPORTS.COM.AU/GREATER-BALLARAT](http://WWW.KELLYSPORTS.COM.AU/GREATER-BALLARAT)



## CALLING ALL GIRLS



CRESWICK SOCCER CLUB  
IS SEEKING PLAYERS FOR  
ALL GIRLS COMP

Contact Raylene 0409 021 300



## COMMUNITY PROGRAMS

**Mini Miners**  
(2 - 4 years old)

**Aussie Hoops**  
(4 - 11 years old)

**All Abilities Hoops**  
(5 - 18 years old)

**Next Level**  
(10 - 12 years old)



## BALLARAT BASKETBALL TERM 1 PROGRAMS

Basketball Ballarat provide children with a fun and safe basketball experience that will serve as an introduction to a lifetime involvement in the game. A wide variety of introduction to basketball programs are ran by Basketball Ballarat, allowing children to start learning basketball as young as 2 years old.

Basketball Ballarat's introduction to basketball programs:

- Aussie Hoops - perfect for children aged 4 - 11 years
- All Abilities Rookie Hoops - perfect for children aged 5 - 18 years whom are living with a disability
- Mini Miners - perfect for kindergarten aged children, 2 - 4 years
- Next Level - suited for domestic players 2011-2013 born

Registrations are now open for all community hoops programs, with the programs starting the week beginning February 5th. Children can also join the program mid-way through.

For more information and to register:  
<https://www.ballaratbasketball.com/community-programs/>

For further details please contact Zack Cummins via email [programs@ballaratbasketball.com](mailto:programs@ballaratbasketball.com) or call reception on (03) 5338 1220

# AROUND THE TOWN

Activities and Promotions Around Creswick and Surrounds



## Term 1 CNC

Games Lab is back on  
Thursdays Feb 8  
4-6pm  
\$50 for the Term  
Grade 5-6



## KIDS DANCE

### CLASSES

TINY DANCERS 3.45 - 4.15  
MINI MOVERS 4.15 - 5  
DANCERCISE 5 - 5.45 (FOR OLDER KIDS AND ADULTS)

### TERM 1

CRESWICK  
NEIGHBOURHOOD  
CENTRE  
AFTER SCHOOL  
TUESDAYS

PHONE 5345 2356

INFO@CNC.ORG.AU



Tahlia's Dance classes  
Tuesday's during the term

Tiny Dancers \$8  
Mini movers \$12  
Dancercise \$12  
Concession available

Join Anna and create  
artworks culminating in an  
exhibition in week 4  
\$120 for 4 weeks of  
serious Art

## HeapsART

Returns Monday

26 Feb-

18th March

4pm- 5:30pm

Fun art for kids Years 3-6

Creswick Neighbourhood House

Ph: 5345 2356



# AROUND THE TOWN

Activities and Promotions Around Creswick and Surrounds

**Creswick Drumming & Singing  
for Kids  
is back for Term 1**

**Come along and try one week  
for free to see if you want to  
sign up**

## Creswick Drumming & Singing for Kids

With  
Stella Savy  
\$90

At the Creswick  
Neighbourhood  
Centre

**Wednesdays  
Term 1  
Starts 7 Feb  
3.45 - 4.30  
8 weeks**



# CHESS



kids learn to play!

**Fully  
Supervised  
LIMITED PLACES  
AVAILABLE  
STARTS FEB 5**

**Mondays  
Term 1  
3.45 - 4.30pm**

**At the CNC  
Grades 3 - 6**



**REGISTER NOW  
5345 2356**

**Kids Chess is back!  
Starts Mon 5 Feb  
4 weeks  
\$20**

**Coming in March!  
Lego program  
Register your  
interest**

CALLING ALL PRIMARY AGED CHILDREN!

## CRESWICK'S LEGO BUILD AT CNC



REGISTER YOUR INTEREST  
PHONE 5345 2356 OR EMAIL [INFO@CNC.ORG.AU](mailto:INFO@CNC.ORG.AU)



COMING IN MARCH - CALL THE CENTRE TO PUT YOUR NAME  
DOWN

# AROUND THE TOWN

*Activities and Promotions Around Creswick and Surrounds*



**BALLARAT GOLD  
SWIMMING CLUB**

Presents

## **2024 Ballarat Gold Proficiency & Encouragement Meet**

SV Proficiency Assessment for SV registered Club Swimmers

Encouragement Meet to introduce Recreational Swimmers to Competitive Swimming

**THIS IS NOT A QUALIFYING MEET**

***Sunday 18th February 2024 at***

***50m Outdoor Pool, Eureka Aquatic Centre,  
102 Stawell Street South, Eureka, VIC 3350***

Doors open 9.00am, warm up 9.15 am, start 10.00am

# AROUND THE TOWN

## Activities and Promotions Around Creswick and Surrounds

### A Taste of Competition Encouragement Meet (\$15/swimmer – includes 2 strokes)

Fun events for any swimmer looking to try competitive swimming and experience racing before their School's Swimming Carnival.

Events to choose from:

- 50m Freestyle
- 50m Backstroke
- 50m Breaststroke
- 50m Butterfly



You can choose to swim any number of strokes from only 1 race to all 4 Events. The entry fee includes your choice of 2 strokes. Additional Events cost \$5.50/event. All participants will be awarded a participation certificate.

No requirement to be registered with a club. Suitable for "Swim School" and new, inexperienced club swimmers. All Events will be 50m (1 length of the pool). Swimmer must be able to swim 50m without stopping. Events will be split into Age Groups based on swimmer's age on 18<sup>th</sup> February 2024. Events with only 1 competitor may be combined with the next nearest age group. Entry fees are not refundable.

[Enter Encouragement Meet Online](#) through TryBooking.  
Event name: "2024 BALLARAT GOLD ENCOURAGEMENT SWIM MEET"

Check out our [Guide for Swim Meet Newbies](#)

Program, timeline and athlete roster available no later than two days prior to competition from Swim Central and [Ballarat Gold Website](#)

Free spectator entry. BYO Chairs & Picnic Blankets.



All enquiries to Jo Peters, [entries@ballaratgold.org.au](mailto:entries@ballaratgold.org.au), 0438 823 965

### The Arrival

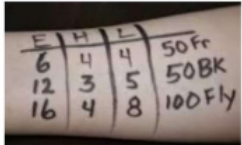
#### What do I do FIRST?

It is best if your swimmer arrives wearing their swimwear under their clothes. Otherwise, arrive with plenty of time to find the changerooms and put on bathers.

Swim Meets usually start with a Warmup before racing starts. This allows swimmers to familiarise themselves with the pool and to prepare their bodies for the rest of the Meet.

Once your swimmer returns from warm up, make sure they drink something and wrap up in something warm. They should just hang out and rest for their first race!

It is also a good time to make sure they know their events. Write them down on your child's arm. Remember to use a waterproof marker. Sharpies are perfect!



E = Event#  
H = Heat#  
L = Lane#  
Distance & Stroke

Don't worry too much; your swimmer will get a helpful reminder at the marshalling area and also on deck before they jump in the water.

Make sure that your swimmer stays warm and hydrated. The body uses energy to warm itself and energy is something to conserve before events. Make sure that they keep up with their cap and goggles – there's nothing more nerve wracking than searching for caps and goggles seconds before its time to report.

If you swim with a Club, swimmers should remember to talk to their coach both before and after their race to discuss race strategy, their performance and to get warm down instructions.

#### Relax, Wait and Be Ready

There is plenty of waiting at Swim Meets. Be sure to follow the meet progress so your swimmer is ready and at the correct location in good time before their race.

Listen for event announcements.

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### Racing

It is important to listen for instructions telling swimmers where and when to go for their races. There might be a marshalling area to organise swimmers into their heats and lanes shortly before their race. If self-marshalling is in place, swimmers are expected to go to the area behind the starting blocks at a particular number of events or heats before their race. There is usually a marshalling board indicating which events should currently be at the pre-race area. It is the swimmers responsibility to ensure that they do not miss their race. If they are not there, the race will run with an empty lane, no one will go looking for the missing swimmer. If unsure – just ask.

A couple of heats before their race, swimmers will be lined up in the correct lane behind the starting blocks in a row with the rest of their heat. Swimmers should move forward as a heat, until they are the next heat to start. NB swimmers should ensure that they stay with their heat and not move into the heat before them, if there is an empty lane in that heat.

## Guide for Swim Meet Newbies

We hope that this guide will give you a general idea of what to expect at your first swim meet. A swim meet is a fun and exciting time for you and your children. This Guide aims to help new swimmers and parents learn the ins and outs of a typical swim meet.

Don't be afraid to approach someone from our team to ask a question. Our friendly swimming community is always happy to provide guidance and help.

### The Night Before

#### The Swim Bag

In addition to the routine stuff to bring to your lessons or training (swimwear, towel, goggles and cap), you will need a few more things for a swim meet.

Here's a basic checklist:

- Bathers
- Goggles
- Cap
- Extra-large towel or blanket for to keep warm between races
- Towels...two are better than one
- Warm, loose fitting, comfortable clothing to wear in between races
- Sunscreen/Hat

#### The Food Bag

Suitable food supplies to ensure that swimmers have the right energy levels to perform at their best. This is especially relevant if you are swimming a number of events during the day. Easily digestible, portable foods are your best choices, including:

- Salad Rolls or Bagels
- Carrot and celery sticks
- Fruit – grapes, bananas & apples
- Granola bars, oatmeal
- Oh yes, and lollies – because you have to have lollies at a swim meet

A drink bottle full of water. Water is the best way to rehydrate your Swimmer

#### What Parents/Spectators Need

While some people enjoy watching the competitors and spend nearly all of their time watching the events in the pool, other people prefer to relax with their children in between events. You may want to consider bringing some of the following:

- Folding chairs and/or picnic blanket
- Ball-point pen, highlighter & sharpie (writing events your swimmer's arm is very useful)
- Book, newspaper, magazine or just your phone

#### Meet Documentation

Meet documentation is usually available prior to the Meet. This includes information like the Timeline (also referred to as Session Report) and the Meet Program. The Meet program is where you will find information relating to the Event, Heat and Lane allocations for your Swimmer. Documentation can usually be obtained from the Organiser's website or from the Meet on Swim Central. It is a good idea to make a note of the Heat and Lane allocation for each event that your swimmer is competing in. You might also like to print a hard copy of the program and highlight each entry for your swimmer.

During the heat before theirs, swimmers should make sure that their swim cap is on correctly, tighten their goggles and put them over their eyes, secure the goggle straps high on their head, and take off any warm up clothing.

#### Starting the race

There are two-three different whistle commands that officials use in swimming to help swimmers know what to do.

1. Short Whistles: A series of short whistle blasts. This means, "Get ready to swim." Swimmers should be behind their block (or at the start end of their lane), goggles on, shoes, off, etc.
2. Long Whistle: One long whistle blast. This means, "Get to where you are going to start."
  - Forward Starts: (Freestyle, Breaststroke, Butterfly) For many, this means "Step up onto the block." For others, it means "Step to the edge of the pool or get into the pool and have at least one hand on the wall."
  - Back Starts: (Backstroke) Step into the water. Backstroke only: 2nd Long Whistle: This tells the swimmers to come to the wall and get ready. It's helpful to set feet and hands. Swimmers can still "stay loose." (This 2nd long whistle does not mean "get into a "tight" starting position")

By now, most people should be quieter. The whistles have let them know what's going on too. If not, the starter might ask them to quiet down. The next thing you'll hear is the starter say, "Take Your Mark." At this point the swimmer should take their starting position and hold it. It's important to NOT move at all, until you hear the loud and distinctive BEEP of the "start" horn. You'll hear this when everyone is ready. If someone else in your heat accidentally jumps in before the horn is blown, do not be tempted to move. Wait until the referee tells everyone to stand down. You will then wait for a few moments, let the swimmer get out of the pool and the Start process will repeat. When you hear the BEEP, dive in and swim your fastest!

When you have finished your race, stay in the water until all of the other swimmers in your race have finished. A technical official will tell you when to leave the pool. You should leave the pool by the side nearest to your lane (not at the end of the pool).

### Race Results

After a couple of events, you can go looking for where the meet operators are posting the results. The results usually run a few events behind due to processing time. This is where you will find out what your swimmer's time was and how they fared among all the swimmers in their age group. The results are listed by event and show the swimmers in order of finish. The results might also be available on the [Meet Mobile App from Hytek](#)

### And Finally...

One of the wonderful things about swimming is that there are many ways to succeed. Swimmers need to have different types of goals. Everyone always has the goal of winning. However, placement goals are the hardest to achieve because they depend on the performance of other swimmers, which you cannot control.

All swimmers should have personal performance goals, such as making a goal time, swimming a personal best time, or even completing a new event. Even with different goals, a swimmer can sometimes have a disappointing race.

Help your child understand that they will not always swim their best race every time and that's ok. A good balance to shoot for is to have fun while doing their best. Their time and placement will vary (especially as they gain more experience.) Their coach can help guide them to "their best" for that day. Your love and care can keep them coming back and striving. Allow them space to feel, learn, and grow.

... Remember to have fun and ...

**ASK FOR HELP IF YOU NEED IT**, especially from experienced swim parents and swimmers. They have all had a "First Swim Meet" too!

# AROUND THE TOWN

Activities and Promotions Around Creswick and Surrounds

## ANZ - Saver Plus

Many families are experiencing cost of living challenges as well as increased education costs. Saver Plus, supports eligible families to take some control of their finances by offering a matched savings incentive and financial education workshops.

If parents commit to saving up to \$50 a month for 10 months, ANZ will match it with up to \$500 for families to put that money towards education costs ( school uniforms, stationary, camps, laptops, sports fees, and music lesson).

### What is Saver Plus?

Saver Plus is a program for people on lower incomes. It's about bolstering their financial skills, so they can develop (and keep) good savings habits.

If families join in February 2024, they can claim their matched savings in December 2024 in time for 2025 school costs.

Since 2003, Saver Plus has supported more than 58,000 people to start saving. It's helped overcome the barriers around education expenses. And it's set them up for a brighter future.

85% of our past participants said they're better prepared to manage environmental changes (such as cost of living pressures or unexpected bills) since completing Saver Plus. Saver Plus was developed by ANZ and Brotherhood of St Laurence.

For more information, please contact Aminder on 0407948506 or [aminder.dhillon@bsl.org.au](mailto:aminder.dhillon@bsl.org.au)

**Saver Plus supports people to develop life-long savings habits. It's been running for over 20 years and more than 58,000 Australians have participated.** It's delivered by Brotherhood of St. Laurence, The Smith Family and Berry Street. It's funded by ANZ and Department of Social Services.



**To be eligible for Saver Plus, people need to meet these requirements:**

- Be 18 years or older
- Have a current Health Care or Pensioner Concession Card
- Have a child in school, starting school next year, or be studying yourself
- Get a regular income (can be you or your partner)
- Agree to join in free online financial education workshops

[saverplus.org.au](http://saverplus.org.au)

